



# 2024 Participant Guide



## Blanchette Barracudas Swim Team Summer 2024

### Important Numbers:

<b>Head Coach</b> Sarah Frerker <a href="mailto:swim.team@stcharlesparks.com">swim.team@stcharlesparks.com</a>	<b>Assistant Coaches</b> Trent Beskorovany Emma Gilkison Mya Buehrle GraceAnne Paisley	<b>Aquatics Coordinator</b> Missy Hollander 636-949-3369 <a href="mailto:missy.hollander@stcharlesparks.com">missy.hollander@stcharlesparks.com</a>
<b>League Representative</b> Jennifer Beskorovany <a href="mailto:jlbesk@gmail.com">jlbesk@gmail.com</a>	<b>Volunteer Coordinator</b> Shanna Fugina <a href="mailto:shanna.fugina@gmail.com">shanna.fugina@gmail.com</a>	

### Important Websites:

Blanchette Barracudas SwimTopia Website: <https://blanst.swimtopia.com>  
 St. Charles County Summer Swim League Website: <https://www.stcharlesswimleague.com/>  
 St. Charles Parks & Recreation Department Website: <http://www.stcharlesparks.com>

### Practice Times:

<u>Age Group:</u>	<u>Time</u>
<b>8 &amp; under</b>	6:30-7:15 pm
<b>9-11 year olds</b>	7:15-8:15 pm
<b>12-18 year olds</b>	8:15-9:30 pm

<b>Practice Schedule</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
<b>Week 1 (5/27-5/30)</b>	<b>No Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	-
<b>Week 2 (6/3-6/6)</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	-
<b>Week 3 (6/10-6/13)</b>	<b>Intrasquad Meet</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	-
<b>Week 4 (6/17-6/20)</b>	<b>Home Meet</b>	<b>Picture Day</b>	<b>Practice</b>	<b>Practice</b>	-
<b>Week 5 (6/24-6/27)</b>	<b>Away Meet</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	-
<b>Week 6 (7/1-7/4)</b>	<b>Home Meet</b>	<b>Practice</b>	<b>Practice</b>	<b>4<sup>th</sup>-No Practice</b>	-
<b>*Week 7 (7/8-7/11)</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Away Meet</b>
<b>Week 8 (7/15-7/18)</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	-
<b>Week 9 (7/22-7/25)</b>	<b>Home Meet</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>E of Y Party</b>
<b>Week 10 (7/29-8/1)</b>	<b>Away Meet</b>	<b>Season Over</b>	<b>Season Over</b>	<b>Season Over</b>	<b>Season Over</b>

Practices will be held **Monday-Thursday evenings**, unless it is a meet day and then the meet will take the place of practice. The coaching staff will decide to move swimmers up or down practice times or grant special permission to be in certain groups. Please talk to a coach if you have concerns or questions about when your child will be swimming.

### **8 & Under New to the Team Swimmer Evaluation: Thursday, May 23, 2024 from 5:30-7:30 PM**

If you have a participant who is 8 years old or under **AND** brand new to the Blanchette Barracuda Swim Team, please stop by the Blanchette Aquatic Facility anytime between the 2-hour time frame for a quick evaluation by the coaches. To assist in helping the start of practice go smoothly, knowing

how to divide this age group and what lanes they should be assigned to ahead of time would be a very helpful step. If you cannot make it to the swimmer evaluation, the coaches will be able to evaluate your swimmer when practice begins. However, please make every effort to attend the evaluation. Please be aware that if your swimmer cannot independently swim 25 yards, the length of the pool, or the coaches do not feel that they are in a position where they will be able to get there in an appropriate time frame, your swimmer may unfortunately not get to be on the team this year. The Parks Department will work with you on how you receive your registration fee back.

Our program will be structured into 3 different practices and each practice has criteria for placement within lanes. Age will be determined for the season as of **June 1<sup>st</sup>, 2024** and groups will be assigned during the first week of practice, with primary placement on skill level.

**1st Practice- 6:30-7:15 PM (8 years old and under):**

Lanes 8 and 7

This group is for beginner swimmers ages 6 & under who have not been on the team before but can swim at least 25 yards of freestyle unassisted. Practices for this group will be 100% instruction and time will be spent refining freestyle and learning backstroke.

Lanes 6 and 5

This group is for swimmers ages 7-8 who have not been on the team before but can swim at least 25 yards of freestyle unassisted. Time will be spent refining freestyle and learning backstroke, breaststroke, and butterfly.

Lanes 4 and 3

This group is for swimmers ages 6 & under who have swam competitively before. These swimmers are proficient in freestyle and backstroke and will be learning breaststroke and butterfly.

Lanes 2 and 1

This group is for swimmers ages 7-8 who have swum competitively before. These swimmers are proficient in freestyle and backstroke and have already been introduced to breaststroke and butterfly. The focus during practice will be on refining their technique.

**2nd Practice- 7:15-8:15 PM (9-11 years old):**

Lanes 8 and 7

This group is for swimmers ages 9-11 who are new to competitive swimming but can swim at least 50 yards of freestyle unassisted. Swimmers in this group will refine their freestyle, and learn backstroke, breaststroke, and butterfly.

Lanes 6 and 5

This group is for swimmers ages 9-11 who are new to competitive swimming but can swim at least 50 yards of freestyle and backstroke unassisted. Practice emphasis will be on refining their technique and learning breaststroke and butterfly.

Lanes 4 and 3

This group of swimmers ages 9-11 who have swam competitively can swim at least 50 yards of freestyle and backstroke, and at least 25 yards of breaststroke and butterfly legally. Time will be spent improving strokes, learning turns, and building endurance.

Lanes 2 and 1

This group is for swimmers ages 9-11 who have swum competitively, can swim all four strokes legally, and are looking for more of a challenge. Practice emphasis will be on building endurance, refining strokes, and learning turns.

### **3rd Practice- 8:15-9:30 PM (12-18 years old):**

#### **Lanes 8 and 7**

This group is for swimmers ages 12-18 who are new to competitive swimming but can swim at least 50 yards of freestyle and backstroke unassisted. Practice for this group will focus on improving their technique, learning breaststroke and backstroke, learning turns, and building endurance.

#### **Lanes 6, 5, and, 4**

This group is for swimmers ages 12 and up. Swimmers in this group should have an understanding of all four strokes. Time will be spent improving their strokes and turns as well as building endurance.

#### **Lanes 3, 2, and, 1**

This group will be for swimmers ages 15 and up who have swum competitively before and are proficient in all four strokes. This is the highest group and offers a challenge to our older swimmers, with opportunities to refine stroke techniques.

### **Meet Schedule:**

<b>Date</b>	<b>Location</b>	<b>Time</b>
<b>Monday, June 10, 2024</b>	Home Intrasquad Meet	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>Monday, June 17, 2024</b>	Home vs. Wentzville Sea Dragons	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>Monday, June 24, 2024</b>	Twin Chimney's Tidal Waves	<b>5:00p</b> warm-ups, <b>5:30p</b> start
<b>Monday, July 1, 2024</b>	Home vs. Lake St. Louis Sea Lions	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>Saturday, July 13, 2024</b>	Wentzville Sea Dragons	<b>6:30a</b> warm-ups, <b>7:00a</b> start
<b>Monday, July 22, 2024</b>	Home vs. Laurel Park Dolphins	<b>5:30p</b> warm-ups, <b>6:00p</b> start
<b>Monday, July 29, 2024</b>	O'Fallon Torpedoes	<b>5:00p</b> warm-ups, <b>5:30p</b> start

### **Meet Attendance**

It is highly encouraged that all swimmers participate in all meets. Each swimmer must have a parent volunteer at every meet as well. **[It is understood that a swimmer may have to miss a meet due to prior commitments or unforeseen circumstances; it is asked that you contact the coach and the volunteer coordinator at least 24 hours before the start of the meet or as soon as you know you or your swimmer will not be at the meet so the required adjustments may be made.](#)**

Relays and individual events will be determined by signing up through the **[SwimTopia Website or App](#)**. Swimmers and parents are asked to sign up for which meets they will be attending and decline which meets they will not be attending. The sign-up will close the Thursday before the meet and entries will be emailed out over the weekend. If you miss the deadline, please email the coach ASAP. Relay swims can only be guaranteed to those who sign up for each meet. Instructions for how to sign up for meets can be found later in this handbook.

### **Practice Attendance**

All swimmers are encouraged to attend practices as often as possible.

### **Items to Bring/Wear to Practice**

Swimsuit, towel, swim cap, goggles, pool deck shoes, and water bottle. Practice equipment such as kickboards and fins will be provided.

### **Team Suits**

The team suit in 2024 will be the same as it was in 2023. Team suits are **highly encouraged but optional**. Any suit may be worn at practice; girls must wear a one-piece suit for practices and meets.

#### **Blanchette Barracudas Team Fitting Date:**

**Date: Sunday, May 5, 2024**

**Time: 11:00-4:00 PM**

**Where: B & B Aquatics, 1747 Clarkson Road, Chesterfield, MO 63017**

\*If you are unable to make your designated team fitting date, you are welcome to go to the store during their regular business hours. \*

B & B Aquatics Regular Business Hours: Monday-Friday 10:00-6:00 PM & Saturday 10:00-5:00 PM.

**Female Suits: \$49.50+tax**

**Male Suits: \$37.50+tax**



### **Swimming Ability**

Every swimmer must be able to independently move themselves forward, unassisted, one length of the pool or 25 yards. The purpose of a swim team is to refine strokes and techniques, to become a stronger swimmer, and to participate in friendly competition against other teams. It is not to learn how to swim. The Head Coach reserves the right to limit participation based on ability. In the event your swimmer is unable to satisfy this requirement, your registration fee may be used towards swim lessons or it may be placed on your household as a credit to be used towards any Parks Program, Facility Rental, etc.

### **Weather**

If the weather is questionable please call the Rainout Line at 636.944.6001 ext. 17. You may also visit online at <http://rainoutline.com/search/dnis/6369446001> or download the free Rainout Line App. Meets and practices will be held whenever the weather safely permits. Cancellations will occur if there is heavy rain, thunder, or lightning. We will also attempt to send out an email through SwimTopia to communicate any weather updates as well so please enter a good email when you register both with the Parks Department and SwimTopia.

### **Parent Support**

As a parent, we ask that you be encouraging to your swimmer. At practice, the coaching staff will work with all swimmers to teach proper swim stroke techniques. It is asked that parents refrain from "coaching" their children and remain off the deck during practices. We encourage parents to communicate directly with the coaches before or after practice to discuss any specific issues.

### **Additional Parent Responsibilities:**

Each family is required to provide one person to volunteer for ½ of a meet at all swim meets during the season, or 3 whole meets, if that is easier. It takes a tremendous amount of energy to run a meet

and if everyone contributes, the meets will run smoothly. The volunteer assignments are scheduled on a first-come basis. Every effort will be made to honor a volunteer's job preference. If you have any issues please contact our Volunteer Coordinator. Sign-ups will be on the SwimTopia website or App, which makes it easier for everyone to sign up at their convenience.

**New this year: For every time you or someone in your family volunteers, your name will go into a drawing for a FREE 2025 BLANCHETTE BARRACUDA REGISTRATION. We will draw 2 winners at the end of the season at the End of Year Party, you do not need to be present to win. Please note, that your name can be entered up to 8 times.**

The various volunteer jobs are listed below.

1. **Stroke Judges**- For every swim meet 8 total stroke judges are assigned (4 per half, 2 per team). These individuals watch the swimmers to determine if they are swimming each swim stroke within regulation. This position requires attending a stroke judge clinic or watching online training materials to be certified. Information for 2025 clinics or online training information will be available at a later date. Certification is good for 3 years.
2. **Scoring Table/Data Entry**- Assists in entering swimmer times, keeping score, and posting the scores throughout the meet.
3. **Bullpen**- Assign swimmers to lanes according to the heat sheet and bring them to the starting blocks.
4. **Timers**- Times the swimmers as they swim their events.
5. **Runners**- Takes event cards and disqualification slips to the scoring table.
6. **Ribbons**- This job will entail putting ribbon label stickers on ribbons at practice after the meet and putting all ribbons in the swimmer's folder.
7. **Swimmer Check-In Table**- You will hand out index cards to swimmers as you check them in.
8. **Clean-Up Crew**- The Crew will assist coaches and facility staff at the end of the meet in cleaning the Lap Pool area. This could include but is not limited to picking up trash, putting lounge chairs back out, etc.

#### **Swim Team Website and Registration:**

In addition to registering with the Parks Department, each swim team family, New & Returning will need to register with the swim team's own **SwimTopia** website: <https://blanst.swimtopia.com>

Although you will still be able to submit a registration online for **SwimTopia**, the swimmers must be "approved" by an administrator for your child to be registered for the 2024 swim season on **SwimTopia**. You will not receive an email to let you know that your account has been approved. A reminder that since payment is submitted through the Parks Department, you **MUST** pay your balance in full before you register through **SwimTopia**.

#### **New Members:**

- 1.) Go to <https://blanst.swimtopia.com>
- 2.) Click on the Home Tab.
- 3.) Click on the Register Now button.
- 4.) Complete the requested information.
  - Parent/Guardian Information
  - Athlete Information (Click +add another athlete if you have multiple swimmers.)
  - Home Address Information
- 5.) Click Register
- 6.) You will get a message and e-mail confirming your registration.
- 7.) You will also receive an Account Activation e-mail. Click Activate Account and set a password, agree to the terms, and click Activate Account.
- 8.) You should then receive a message that says Congratulations! Your account has been

activated and you have been automatically logged in.

9.) Under Meets & Events, Click Signup Calendar to declare your swimmers for the meets and to sign up for all volunteer positions.

10.) Swim Meet 101- Has all the information you will need to know for swim meets.

### **Returning Members:**

- 1.) Go to <https://blanst.swimtopia.com>
- 2.) Click on Forgot Your Password?
- 3.) Enter the email that you used last season when you registered with GoMotion and click Reset My Password. It will tell you that a link will be sent if your email is found.
- 4.) You will receive an email with Password Reset instructions.
- 5.) Follow the directions in the email and reset your password.
- 6.) You may now log in.
- 7.) Once logged in, click on the Register Now button on the Home tab.
- 8.) Parent/Guardian and Athlete Information from last season should be prefilled. Make necessary changes or additions as needed.
- 9.) Click Register
- 10.) You will get a message and e-mail confirming your registration.
- 11.) Under Meets & Events, Click Signup Calendar to declare your swimmers for the meets and to sign up for all volunteer positions.
- 12.) Swim Meet 101- Has all the information you will need to know for swim meets.

\*If you have any issues registering on SwimTopia, please contact [swim.team@stcharlesparks.com](mailto:swim.team@stcharlesparks.com).

### **Meet and Volunteer Sign-Up**

**\*We will track volunteer completion this summer so please be sure that you are fulfilling the volunteer requirement per family.\***

### **To sign up for volunteer positions for this summer's meets:**

Go to <https://blanst.swimtopia.com> or the SwimTopia App and log in.

Under the Meets & Events tab, click Signup Calendar. Each meet has a green JOB SIGNUP button. Click Sign Up for Jobs. Check the box under Check to Signup next to the position you would like. Be sure to choose the correct half of the swim meet. There are black information buttons next to the name of the position if you would like to read a description. Click save assignments.

**Please note the volunteer times listed are an estimate, some meets may switch earlier or later than the listed times!** A reminder that you must sign up for 6 half meets or 3 whole meets. If you will be out of town for a meet, you will still need to meet the requirement of 6 half meets or 3 whole meets. If you do not sign up for each swim meet you will need to contact our volunteer coordinator via email.

### **To sign up/declare swimmers for a meet:**

Go to <https://blanst.swimtopia.com> or the SwimTopia App and log in.

Under the Meets & Events tab, click Signup Calendar. Each meet has a green MEET ENTRY button. Choose the meet you would like to declare your swimmers for, click EDIT. There will be a drop-down box please choose ATTENDING THIS MEET OR NOT ATTENDING THIS MEET, and then click on SAVE. If you have multiple swimmers, please declare for each swimmer.

Email reminders from SwimTopia for volunteers and meet declarations will be sent out before each swim meet.

**If you do not sign up for a meet, you will not be entered and cannot swim. The league has established firm deadlines to help speed up the meets and new swimmers may not be added to meets less than 72 hours before the meet. Meet signups will close on Thursday night before the meet and entries will be completed the next day.**

### **Meet and Volunteer Sign-In**

There will be a table set up to sign volunteers and swimmers in for swim meets. For HOME meets the table will be located at the bottom of the ramp by the pumphouse. For AWAY meets you can look for a table with Blanchette Barracudas on it or find Shanna, our Volunteer Coordinator. Please check in to receive your swimmer's card which includes the events they will be swimming that day. **Please plan to arrive at least 15 minutes before warm-ups begin.** Before warm-ups, we will be pulling cards of swimmers who haven't checked in so we can find replacements for their relays. If you know you will arrive later than that, please contact Coach Sarah and she will make sure your child stays in all of their events.

### **Rules and Expectations:**

- Swimmers should not run, roughhouse, mistreat pool equipment, or **play in other pools** during meets or practice.
- All swimmers should respect the pool equipment including deck chairs, kickboards, fins, and pull buoys.
- Swimmers should not get into the water until the lifeguard is on the stand.
- Swimmers should not be in the lap pool unless they are practicing (no hanging out on steps).
- At home and away meets, it is your responsibility to clean up trash in your area or around the pool deck. If you see trash after the swim meet, pick it up so we can all go home on time.
- Coaches will pick the child's events for the meets. Suggestions may be made to the coaches, but that does **not** guarantee that the child will be in the event that is suggested. An ample amount of time and effort is made to ensure that all swimmers are placed accordingly and that a swimmer is not placed into an event they should not swim.
  - If a swimmer wants to swim in a different event or switch with another swimmer it **MUST** be approved by a coach. This must also be done **before** the event is in the bullpen or the switch will not be approved.
  - Coaches realize that swimmers may not like certain events, we choose events for specific reasons, and sometimes your swimmer is not going to get their favorite event. We are all part of a team and we need to work together to win.
- Show sportsmanship at practice and meets to your coaches and other swimmers.
- It is imperative that swimmers are on time for meets and practices. We understand that work conflicts with practice and meets sometimes, just let us know you are going to be late so we can plan meet events accordingly.
- Meet warm-ups are not optional. All swimmers must swim warm-ups before a meet. We understand the parents may be running late from work, especially with early meet times, if that happens, please be in contact with one of the coaches.



- If your child is not going to attend a meet then you need to email the coach at least **24 hours** before the start of the meet, so they can make the necessary changes. If the coach is not notified, your child will not be able to participate in a relay during the next meet they attend.
  - We understand emergencies happen, so if you find out you cannot attend a meet the day of, please call the coach and let them know as soon as possible. Please do not wait.
- Due to safety reasons, your child must **ask** a coach before they leave practice. This includes if your child is sick, needs to use the restroom, needs to leave early, etc.

## **More Information to Come on the Following Events**

**\*Stroke Judge Training Clinics-**  
**Dates & Times- TBD**

**\*Team Picture Day-**  
**Tuesday, June 18<sup>th</sup>**

**\*End of the Year Party-**  
**Saturday, July 29<sup>th</sup> at Blanchette Aquatic Facility**